

Cardiovascular Risk and Circadian Misalignment in Short Sleepers - Role of Extended Eating Period

NCT06070194

Status	RECRUITING
Phase	Not Applicable
Sponsor	Pennington Biomedical Research Center
Enrollment	100 participants

Key Eligibility Criteria

Inclusion (10)

- Age: 18-45 years
 - BMI: 25-35 kg/m²
 - Habitual sleep duration: ≤ 6.5 h/night
 - Habitual eating period: ≥ 14 h/day
 - Absence of chronic health conditions including hypertension (defined as systolic clinical BP of ≥ 140 or diastolic BP of ≥ 90 mmHg or use of BP lowering drugs), dyslipidemia (defined as LDL ≥ 190 mg/dL or Triglycerides ≥ 400 mg/dL or use of lipid lowering medications), diabetes (defined as fasting glucose ≥ 126 mg/dL and /or HbA1C $\geq 6.5\%$, or use of glucose lowering medication), and cardiovascular disease. However, individuals with prehypertension, and/or prediabetes will be allowed to participate.
- ... and 5 more (see full listing online)

Exclusion (10)

- Irregular sleep habits / night shift / rotating shift work in past 1 month.
 - Frequent travel related jet lag.
 - Pregnant/ breast-feeding/ history of irregular menstrual cycles.
 - Sleep disorders such as insomnia (defined as Insomnia Severity Index score ≥ 15), and sleep apnea (overnight oximetry defined oxygen desaturation index of ≥ 10 events/h of sleep).
 - Presence of excessive daytime sleepiness (defined as Epworth Sleepiness Scale score ≥ 10).
- ... and 5 more (see full listing online)

Locations (1 total)

Recruiting core Pennington, Baton Rouge, Louisiana, United States